

Snowshoe & Cross Country Ski Workshop

Discover the Outdoors- Discover Yourself

Bear Creek Resort
Thompson Falls, MT
January 22-24, 2016



Becoming an Outdoors-Woman (BOW) is a program designed for women who are 18 years of age or older who want to learn or improve their outdoor skills. This workshop is for you if.....

- you are interested in becoming more active in the outdoors
- you are looking for new outdoor experiences
- you are looking for the camaraderie of like-minded individuals



**Montana Fish,
Wildlife & Parks**

Schedule of Events

FRIDAY

JANUARY 22:

3:00pm – 6:00pm	Registration & Check In
6:00pm – 7:00pm	Dinner (late dinner available)
7:00pm – 8:00pm	Snowshoe Education
8:00pm - ???	Open Activities (including but not limited to pool, cards, talent show, board games, outdoor firepit)

SATURDAY,

JANUARY 23:

8:00am	Breakfast
9:00am – Noon	Snowshoe or Cross Country Ski
Noon – 1:00pm	Lunch
1:00pm – 3:00pm	Skijoring Demonstration
3:30pm – 5:30pm	Snowshoe or Cross Country Ski
6:00pm – 7:00pm	Dinner
7:00pm – 8:00pm	Dog Sledding Presentation
8:00pm - ???	Snowshoeing, Cross Country Skiing or Open Activities

SUNDAY

JANUARY 24:

9:00am	Breakfast
11:00 am	Check Out



Winter is a special time to enjoy the outdoors. We have scheduled this event with your safety and comfort in mind. These classes spend time outdoors so dressing properly is a must! A list of recommended clothing will be sent to participants.

Class Descriptions

Snowshoeing:

For centuries, people have been traveling over the snow using snowshoes. Discover this ancient mode of travel for yourself. Instructor Liz Lodman will show you different types of snowshoes and their benefits. Learn to travel up and down hill and across a side hill while exploring the winter landscape. Bring your own snowshoes or borrow a pair from Liz. Ski poles are recommended.



Cross-Country Skiing:

This activity is for skiers with some experience. If you wish to participate, you will need to bring your own cross country ski equipment. Instructor Stacey Hazen will accompany you for some instruction on the trail. There are no groomed trails so you will be learning to break your own trail. On this beautiful property the opportunities are unlimited.



Dog Sledding:

Most people know of the famous Iditarod sled dog race in Alaska. But dog sledding is a popular sport in Montana, too. Stacey Hazen is a 20 year veteran of dog sledding and sled dog racing. At her peak she had a kennel of 50 racing sled dogs, supported 5 racing teams and managed a sled dog touring business. Stacey will present a program about dog sledding and show some of the equipment used in the sport.



Skijoring:

Equestrian (horse) skijoring involves a single horse, generally guided by a rider, pulling a person on skis who carries no poles and simply hangs onto a tow rope in a manner akin to water skiing. In France, competitions involve a riderless horse, which is guided by the skier. In all cases, the horses have to be trained to accept the presence of ropes and a skier behind them and to remain calm in racing conditions. After lunch on Saturday two local enthusiasts will give an outdoor demonstration of skijoring.



Wildlife in Winter:

While we snowshoe and ski, we'll be looking and listening for evidence of wildlife. We will have a wildlife specialist to help with winter birding, and identify tracks and signs.



Lodging for the Workshop

BEAR CREEK RESORT

995 Blue Slide Road near Thompson Falls

Bear Creek Resort has individual cabins with 2 queen beds in each for a total of 18. All cabins have a fireplace and kitchenette. The Game Room has cards and board games available along with pool, darts, foosball and ping pong. Curl up by the cozy fireplace after a long day outdoors. For the hardy souls, there is a outdoor fire pit for toasting those yummy s'mores and an 18 "hole" folf (Frisbee golf) course.

We are looking to ensure that no one must share a bed unless they would like to share with a buddy. If you sign up to share a bed with a friend, there will be a discount on the registration fee (see the registration form for details.) For more resort information, please visit their website: <http://www.bearcreekresortmt.com/>



Registration & Cancellation Deadline:

The deadline to register is Monday, December 28, 2015. Cancellation deadline is January 1, 2016; if you cancel before January 1st a \$50 processing fee will be deducted from your refund. Registrants cancelling after January 1st will be assessed the full registration fee. Sorry, due to contract obligations there are no exceptions to cancellation policy.

All successful registrants will receive a confirmation letter, a suggested equipment and clothing list, and directions to Bear Creek Resort.

Your checks will be held until the workshop. In the event that the weather fails to cooperate (no snow) your check will be returned to you.

If you have additional questions please call:

Nancy Fields – (949) 412-8561 or email: fields.nancy@gmail.com

Ginger Ward – 544-7658 (cell) or 827-4597 (home)

Registration Form

Snowshoe and Cross Country Skiing Workshop January 22-24, 2016
Bear Creek Resort Thompson Falls, MT

To Register : Complete this form and send with enrollment fee to:

Nancy Fields
PO Box 2043
Thompson Falls MT 59873

Name _____

Phone (Day) _____ (Cell) _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Bed Buddy's name (if applicable) _____

Workshop Fee - check one:

_____ \$180 for single bed occupancy

_____ \$140 if sharing a queen bed with a friend**

**If sharing a bed, please mail both registration forms together in same envelope.

I fully understand and acknowledge that there are inherent risks and dangers participating in the BOW Winter Workshop and that my participation may result in injury, illness or death and damage to personal property. I understand other participants, accidents, acts of nature or other events may pose dangers that are uncontrollable and I hereby accept these risks and dangers. I affirm that I am at least 18 years of age and that I am in good enough health to participate in the workshop. I have read and understand the above warnings and risks and agree to voluntarily participate in this training workshop. I understand that photos or video may be taken for promotion of the BOW program.

Signature _____

Date _____

Please let us know what interests you most:

_____ I plan to snowshoe AND cross country ski

_____ I plan to only snowshoe

_____ I plan to only cross country ski

If you are snowshoeing, do you need to borrow a pair of snowshoe?

_____ Yes

_____ No

Please note if you plan to cross country ski you must provide your own gear including skis, boots and poles.

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